

# Milk Smoothie for All Occasions: School Staff

## Healthy Yogurt-Based Smoothies Anytime!



### Part of Healthy Celebrations

- Family and parents night
- Muffins with Mom
- Breakfast buddies
- Holiday lunches
- Classroom parties for Halloween, Christmas and Valentine's Day, etc.
- After school events: tutoring, dance class, Accelerated Reading Program Nights, technology nights, robotics club
- PTO sponsored events: 5K walk/run, movie night
- Parent-Teacher conferences
- Open house/school showcase
- School assemblies
- Reward for academic success each marking period
- Athlete training table
- School musical or dramatic programs
- Prize for a contest

### Nutrition education teaching tool

- Teach about the importance of dairy and calcium for growing kids, as well as the vitamins, minerals and fiber in fruits and vegetables.
- Show students how easy it is to make a smoothie.
- Teach how a smoothie can be a healthy snack option by including a dairy and fruit serving in a serving.

### Fundraisers

Smoothies are a healthy option for a fundraiser, instead of candy, cupcakes or cookies. Smoothies for a fundraiser should not be served at the same time as the school breakfast and lunch program but can be a healthy fundraiser during school hours.

Examples: Pre-sell pink strawberry smoothies for Valentine's Day. Work with food service staff to order ingredients and prepare them after lunch. Deliver to classrooms for an afternoon treat.

If smoothies are served during the school day, Smart Snack general and nutrition standards must be followed. Talk to your Food Service Director for more information.

### Fuel Up to Play 60

Smoothies can easily be used as part of **Fuel Up to Play 60** fundable Healthy Eating Plays. They could be part of a taste test event in the Healthy Eating Play, "Highlight Healthful Foods – Everywhere in School" in efforts to improve the whole school nutrition environment, both in the cafeteria and in other locations where food is available. Smoothies could also align to offer multiple breakfast options – Breakfast in the Classroom, Grab and Go Breakfast and Breakfast after First Period – to focus on involving students in the selection of foods and delivery methods in their school under the fundable Play 'Breakfast – Anytime, Anywhere'.

To learn more about getting your school involved with **Fuel Up to Play 60** or to apply for additional grant dollars through this program, visit [www.FuelUptoPlay60.com](http://www.FuelUptoPlay60.com) and enroll your school today!

Talk to your Food Service Staff about proper handling of food and equipment. They can work with you to order ingredients and provide training on food safety and blender use. For detailed standard operating procedures go to [www.MilkMeansMore.org](http://www.MilkMeansMore.org) under Schools and Educators < Dairy and School Meals.

**Recipes and more smoothie ideas can be found at [www.MilkMeansMore.org](http://www.MilkMeansMore.org).**

